



Delivering Special
Provision Locally

North Herts DSPL1 Area 1 - Hitchin, Letchworth, Baldock and Royston

DSPL1 Newsletter – 20th July 2026

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Support Groups

Stand by Me – Bereavement Support for Primary Students

We are pleased to share details of our Autumn Term Bereavement Support Groups for primary-aged children.

Our primary groups are open to all primary-aged children living in North Hertfordshire and Stevenage who have experienced the death of a significant person at any point during their childhood. The groups provide a safe and supportive space where children can meet others with similar experiences, explore their feelings, and develop coping strategies following their bereavement.

Referrals can be made in the following ways:

- Directly by schools that are signed up to our Contact-Me Programme
- By a parent or carer
- Through other appropriate professionals supporting the child and family

If you would like to discuss a referral, learn more about the groups, or find out how to join our Contact-Me Programme, please do not hesitate to get in touch.

We look forward to supporting bereaved children and families across North Hertfordshire and Stevenage.

info@stand-by-me.org.uk

07469 255139

Bridge Support Group

Thursdays, 12.30pm - 2.30pm, Welwyn Cricket Club

A support group designed for parents, carers and young people in school years 6,7 and 8 who are struggling with school attendance.

['The Bridge' Support group \(for parents of children struggling to attend school\) Welwyn - 14/05/2026 | Hertfordshire County Council](#)

Play and Learn Hub

A relaxed stay and play group for primary aged children with Down Syndrome. This group is run **Saturdays in term-time 2:30pm – 4:30pm at Applecroft School, WGC, AL8 6JZ.**

To book or find out more information, please contact **info@dsachieve.org** or **07824 467471**



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[SEND Family Fun](#)

SEND Family Fun - Free drop in

Broadwater Family Centre, Stevenage, SG2 8LT
Thursdays Weekly 10:00 - 11:00 (30th July – 27th August)

SEND Family Fun - Free drop in

Chestnut Tree Family Centre, Letchworth, SG6 2JZ
Thursdays Weekly 13:30 - 14:30 (30th July – 27th August)

[SEND Playgroup at the British Schools Museum](#)

Every Monday (ages 0 – 5), 1:00 – 2:30pm – no booking necessary
The Café @ The Museum
The British Schools Museum
41 Queen St, Hitchin

[Events](#)

[Diversity & Inclusion Group – For Young People aged 16-25](#)



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DIVERSITY — AND — INCLUSION GROUP

FOR YOUNG PEOPLE AGED 16–25

Hertfordshire

Hertfordshire
Participation
Team
Help us shape
Hertfordshire

Help shape a more
inclusive Hertfordshire. ♥

We are currently looking to expand our Diversity & Inclusion Young People's Group and are seeking individuals aged 16–25 to get involved.

ABOUT THE GROUP

The group is made up of individuals aged 16–25 who are passionate about influencing positive change within Hertfordshire services' inclusion of certain diversity themes such as background, culture, ethnicity, physical and mental health, and the LGBTQ+ community.

MAKE AN IMPACT

The insights and feedback from this group will feed directly into the Hertfordshire Diversity & Inclusion Board, helping to shape and improve services across the county.

WHAT TO EXPECT

We plan to have quarterly meets with the Board through activities such as a cultural cook and share, where we can discuss themes around what diversity means to young people and ways to feel included based on individual identity in all services across Hertfordshire.

GROUP DETAILS

**MEETS
ONCE A MONTH**
Currently the first
Tuesday of the month

TIME
6–8pm

LOCATION
Farnham House,
Stevenage

NEXT SESSION
Tuesday 7th July

Join us to explore topics around identity and diversity, and to contribute towards making Hertfordshire more inclusive. ♥

Identity

Neurodiversity

Culture & heritage

Physical & mental health

LGBTQ+

Ability

Belonging for all

QUESTIONS OR WANT TO KNOW MORE?

If you have any questions or would like further information, please don't hesitate to get in touch:

Participationteam@hertfordshire.gov.uk



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Young Carers Activity Day

Friday 31st July, 10:00am – 3:00pm

Young Carers ACTIVITY DAY



Join us for Hertfordshire County Council's
first Young Carers Wellbeing Day!

**Come along to meet other young carers, take part in
activities that support your health and happiness, and
most importantly – have fun!**

Sessions will include:

- Boxercise
- Art and creativity
- Wellbeing sessions
- Nutrition and healthy eating

WHEN:

Friday 31st July, 10 am – 3pm

WHERE:

Shephall Centre, Stevenage

For young carers in Hertfordshire, age 8 – 17

- Games and getting to know each other
- Have a break from your caring role
- Have your voice heard about what's important to you



How to book:

email:

participationteam@hertfordshire.gov.uk





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Summer Holiday Camps and Activities

Free and low-cost things to do this summer

Alongside the new savings measures, there's a range of free activities available to families across England, from museums and parks to holiday food programmes and reading clubs.

- **Free museums and galleries** – some venues across England offer free entry all year, with special summer programmes for children. [Find museums near you](#)
- **Summer Reading Challenge** – free at your local library for children aged 4–11. [Find your nearest library](#)
- **Holiday Activities and Food programme** – free holiday activities with meals for children on free school meals. [Find a place near you](#)
- **Parks, nature and the outdoors** – national parks, beaches and local green spaces with free ranger-led events. [Browse outdoor activities](#)

North Herts Family Centre

Throughout the summer, the Family Centre are hosting a range of events, to find one near you, please visit the following link:

What's On - NORTH HERTS & STEVENAGE

Summer Holiday Activities at Hudnell Park for YP with SEND (13-19 years)

Every Tuesday during the 2026 summer holidays (28 July to 25 August), HCC Services for Young People is running adventurous outdoor activities for young people aged 13-19 with special educational needs and disabilities (SEND), including those with social, emotional and mental health (SEMH) needs.

The activities are designed to develop young people's social, emotional and physical skills in a safe and supportive environment and include a thrilling zip line adventure, archery, creative woodland arts & crafts, outdoor adventure games and a fun physical challenge course.

Find full details of what's on offer and how to book on the Services for Young People website:

Summer holiday activities for young people with SEND

Hertfordshire Sports Village

Please follow the link for more information: [Easter Holiday Activities Near Me – Hatfield, St Albans, Welwyn Garden City](#)



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Hertfordshire Sports Village is pleased to share our Summer holiday activities programme with local families, with a particular focus on providing inclusive and supportive opportunities for children with Special Educational Needs and Disabilities (SEND). We would greatly appreciate your support in helping us reaching the local community.

Our activities are designed to be fun, engaging and accessible for children of all ages and abilities, offering families a safe and enjoyable way to spend the early Summer holiday period.

Our **Climb sessions** are especially well-suited for children with SEND, providing a supportive and inclusive environment where children can build confidence, develop coordination, and progress at their own pace, with guidance from our experienced instructors.

Our **swim programme** also supports children who benefit from a calmer environment, running in low-ratio groups within a more structured setting. Only a limited section of the pool is used for crash courses, helping to reduce noise and overwhelm, while the remainder of the pool remains open to the public.

Our **Mini Medics** 1-hour sessions offer small groups of up to 12 children the chance to learn real-life First Aid skills, including how to perform CPR and safely use AED equipment. These interactive sessions are designed to be fun, hands-on and empowering, giving children confidence in responding to emergencies.

[HAPpy Camps](#)

HAPpy Camps Return for an Unforgettable Summer School Holiday

[HAPpy Camps Return for an Unforgettable Summer School Holiday](#)

This summer, the HAPpy programme will be running free activity camps from 27th July to 28th August (excluding bank holidays) with over 45,000 free activity camp places available. Eligible families are being encouraged to reserve a place at a camp near them as soon as possible once bookings go live to avoid missing out.

HAPpy is a county-wide, free activity camp programme, offering a wide variety of activities for children, with a hot lunch included too! Every camp is SEND-inclusive, meaning they can welcome children with lower-support-needs SEND alongside provision for children without additional needs, whether a child is formally diagnosed or not (provided the right information is supplied with their booking). SEND-specific camps are also available for children with higher support needs.

[2026 Herts Summer Parks Dates Announced](#)

The Herts Sport & Physical Activity Partnership, in collaboration with Hertfordshire County Council and local partners, is pleased to announce the return of Herts Summer Parks in August 2026.



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This initiative, now in its 4th year of delivery, is designed to help address gaps in provision for 12–16-year-olds across Hertfordshire during the summer holiday period. Running across August, the programme will take place in five public parks and offer a wide range of free sports, wellbeing, and arts and crafts activities. Activities in previous years have included; inflatables, Zorb footballs, BMX bike tracks, graffiti art, summer craft making and much more! Young people who attend also receive a voucher to redeem a nutritious meal from a local food provider.

Find out more information here:

[2026 Herts Summer Parks Dates Announced](#)

Walk on the Wild Side – Summer School



Our summer school is an academically based programme for children in years 4, 5 and 6, specifically designed to support children who are transitioning to the next level in their education. We have amalgamated elements of the national curriculum in a unique and fun way by using a nature theme as a learning strategy.

WHY WILDLIFE?

Some of the greatest inventions have been inspired by the natural world: The submarine, Velcro, the bullet train, sonar, aeroplanes to name just a few. In our lessons, we can incorporate aspects of all three disciplines of the science curriculum – Chemistry, Biology, and Physics – to study in a cross-curricular way. For example, learning about aerodynamics of birds, chemical reactions of volcanoes and observing adaptations in predators and prey. The aim of our programme is to help students catch up with their learning across the core subjects in a fun and engaging way.

LEARNING FOR THE FUTURE

We are all aware of the current global crisis with climate change and rising CO2 levels, plastics in our oceans, habitat destruction. Our planet is at tipping point! There has never been a more crucial time to teach and inspire children about the wonders of our planet and how to protect it. Although our sessions are focused around Science and the STEM subjects (Science, Technology, Engineering, Maths), our programme incorporates English, Geography and History.



TUTOR  MASTER

info@tutor-master.co.uk
0207 2052899



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HOW WILL YOUR CHILD'S LEARNING IMPROVE?

Our programme is delivered by qualified teachers and subject specialists. We promote learning using national curriculum strategies, to give your child the knowledge and readiness to start off with enthusiasm and vigour in September.

All resources are provided by us, including workbooks that your child can retain and re-use. This package includes resources to improve:

- Literacy Skills
- Numeracy Skills
- Science Knowledge
- Communication
- Building Confidence
- Problem Solving Skills



SAFEGUARDING

All Tutor Master teachers are enhanced DBS checked and vetted to the highest standards, currently working in schools. External visitors will be accompanied at all times.

WHAT ACTIVITIES WILL BE OFFERED?

Tutor Master has links with the Rotary Club of Enfield and the Enfield Bee Keeping Association. Both these prestigious organisations are committed to the development and empowerment of young people and will support with activities such as:

- Junior Bee Keeping
- Forty Hall Farm Tour
- Exotic Animal Show
- Geology
- Chemistry Of The Earth
- Pond Dipping
- Nature Walk and Animal Trek



ENROL NOW

Our summer school is a 5 day action packed activity week taking place on the beautiful picturesque grounds at Forty Hall Estate with classrooms within the main house. All adults delivering lesson will be qualified subject specialists who can provide academic support.

DATES	SESSIONS	
1ST - 5TH AUG	9:30	14:30
15TH - 19TH AUG	9:30	14:30
22ND - 26TH AUG	9:30	14:30

TUTOR  MASTER

info@tutor-master.co.uk
0207 2052899

Transitions

Big changes - like starting a new school, moving to college, or preparing for work - can feel overwhelming for any child or young person, but can be especially difficult for children and young people with additional needs.

Please follow the link to find a page full of tips and advice to help you and your child feel more prepared and confident about the next step that was created with parents of children and young people with SEND.

[Visit the transitions page on the Local Offer.](#)

For older children, HCC Services for Young People are running 'Get September Ready' sessions throughout the summer to help Year 11 students feel more confident and prepared for their next steps.



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[Find a 'Get September Ready' session near you.](#)

Beezee

For eligible* year 6 leavers we are offering a fantastic summer programme called 'Step up to Secondary' taking place face to face in Hatfield, or online, with limited spaces for children and one adult to join. [Step Up to Secondary - Free 6-Week Programme - Beezee by Maximus](#)

KS2 to KS3 School Transition Group – WithYouth

WithYouth (digital wellbeing service) are running a Road To Year 7 Transition group for current Year 6's (Primary school pupils going in to Year 7 Secondary school). Every Thursday starting 23rd July, 4pm-5pm

- Help to build confidence around starting secondary school
- Create the toolkit needed to overcome any worries around starting secondary school
- Explore topics of change, anxiety, making new friendships, bullying and online safety

Please email withyouth@hertsmindnetwork.org for more information, or to register your interest.

Get September Ready

Services for Young People (SfYP) are offering free 'Get September Ready' sessions are open to all young people who are finishing Year 11 who would benefit from support with the transition to their next step. Whether they are going into sixth form, college or don't currently have anything in place for September, they can get individualised support from the qualified SfYP Advisers.

The informal sessions are particularly beneficial for young people who have been out of education, are home-educated, or have special educational needs and disabilities, including those with social, emotional and mental health needs.

[Find a Get September Ready session in your area](#)

Workshops and Courses



Children's Wellbeing Practitioner Workshops – July to September

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.



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All workshops are online and delivered via Microsoft Teams. For more information and to book a place, please visit [HCT Children's Wellbeing Practitioners](#)

Workshop	Date & Time
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Tuesday 25 th August 10am-12pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Tuesday 4 th August 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Wednesday 8 th July 6-8pm Wednesday 19 th August 10am-12pm Tuesday 8 th September 6-8pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 15 th July 10am-12pm Tuesday 11 th August 6-8pm Wednesday 16 th September 10am-12pm



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Young Mental Health First Aid Training

There are Young Mental Health First Aid Training courses for parents/carers taking place on 13th November 2026 and 12th March 2027 which are now available for booking, see poster below:

Youth Mental Health First Aid Training

1 day Champion course designed specifically for school professionals working with 8 to 18 year olds.

FREE



You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Friday 12 June 2026 9.30am to 4pm	Hertfordshire County Council, Robertson House, Stevenage, SG1 2FQ	School Professionals	Parking available on site
Friday 10 July 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site
Friday 13 Nov 2026 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	Parents/Carers	Parking available on roads near venue
Friday 15 Jan 2027 9.30am to 4pm	Springmead Primary School, Welwyn Garden City, AL7 2HB	School Professionals	Parking available on roads near the venue
Thurs 21st Jan 2027 9.30am to 4pm	The Hub, Fleetville Junior School, St Albans, AL1 ALW	School Professionals	Parking available on site
Friday 12 Mar 2027 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	Parents/Carers	Parking available on site

2 day First Aider course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds.

You will learn:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills, such as non judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support
- How to engage with parents, carers and external agencies
- How to support a young person with a long term mental health illness to thrive
- Tools to look after your own wellbeing

Thursday 26 & Friday 27 Nov 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site
Thursday 4 & Friday 5 Feb 2027 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	School Professionals	Parking available on roads near venue

To book your place please email schoolsmh@hertfordshire.gov.uk



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Angels Autism & ADHD Support

Angels
AUTISM & ADHD SUPPORT

WEEKLY ONLINE WORKSHOP AND SUPPORT
10AM-12PM EVERY TUESDAY DURING TERM TIME

FREE :Workshop topic presentation opening to online support on any topic

Topic List:

- 2 June - Understanding Demand Avoidance and PDA
- 9 June - Speaker: Kay Reeve - Emotional Awareness Expert
- 16 June - Speaker: CYPMHS, PALMS and Early Help
- 23 June - Helping to reduce meltdowns
- 30 June - Making the most of meetings with professionals
- 7 July - Supporting Sensory Needs
- 14 July - Autism and Anxiety
- 21 July - Surviving the Summer Holidays

Scan this QR code to access our support and zoom links

www.angelsupportgroup.org.uk



Families in Focus – A Complete Guide to Parenting Children with Autism & ADHD and Handling Anger of Children with Autism & ADHD

Fully funded by HCC Targeted Parenting Fund and free for Hertfordshire parents of children aged 4 to 11 years.

Parents must be able to attend all sessions and be ready to engage and participate with video cameras on within small (up to 15) confidential and safe groups.

If you would like more information, please email bookings@familiesinfocus.co.uk



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A Complete Guide to Parenting Children with Autism & ADHD

(Including children on assessment pathways)

FREE Online Course for Hertfordshire Parents of
Children Aged 2-11

Support, Understanding & Practical Strategies for Family Life Living with Neurodivergent Children

This evidence-based course helps:
Increase understanding of Autism, ADHD, and sensory
differences

Make sense of your child's behavioural responses
Learn tried-and-tested strategies for calmer days
Support siblings with understanding and connection
Navigate EHCPs, and local services and much more...

9 x Tuesday mornings 9.30-11.30 [or](#)

9 x Tuesday evenings from 6.30pm to 8.30pm

September 8, 15, 22, 29 &
October 6, 13 &
November 3, 10, 17





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Handling Anger of Children with Autism & ADHD

(inclusive of those on assessment pathways)

**FREE Online Course for Hertfordshire Parents
of children aged 4 to 11 years**

Join Francine & Lesley on this course to:

**Understand more about Autism, ADHD,
and sensory differences**

**Learn what's happening in your child's brain
during anger**

**Explore evidence based strategies leading to
de-escalation of BIG emotions**

Gain practical tools too build emotional regulation

Develop calming routines and reduce daily stress

Connect with other parents in a supportive space

6 x Wednesdays: 9.30am to 11.30am or 6.30pm to 8.30pm

September 9, 16, 23, 30 & October 7, 14

 **Email Francine & Lesley:**

bookings@familiesinfocus.co.uk

Talking ASD and ADHD – free course for parents

A series of workshops for parents and carers of young people with (diagnosed OR suspected) ASD & ADHD, commissioned by Hertfordshire County Council to provide FREE support, information and advice for families of children living and/or schooling in Herts.

Please find the booking link here:

[Talking ASD & ADHD: *FREE* for parents in Herts | Eventbrite](#)



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Supporting Links – Funded Parent and Carer Support

FREE practical and interactive 1.75 hour online on Zoom workshops for parents of children with diagnosed or suspected ASD and or ADHD.

Supporting Links are hosting various free courses delivered via Zoom for parents and carers in Hertfordshire across the Summer Term and are now taking bookings for the Autumn Term. Workshops include:

- **Tech Use**
- **Anxiety and Stress**
- **School Avoidance**
- **Talking Additional Needs**

Please find further information and booking information at the following: [New What's On](#)

Financial Support

VAT cut on children's days out - Reducing VAT from 20% to 5%

We're cutting VAT to reduce the cost of children's restaurant meals, children's tickets for theatres and cinemas and all tickets for attractions like soft play, amusement parks, and museums. That means lower prices at the till, automatically.

[Find attractions near you offering the VAT reduction→](#)

Free bus travel for children - Free travel on local bus services in August

Children aged 5-15 travelling on local bus services in England can travel free in August. Whether it's going on a day out, visiting family or just getting around, the bus is on us.

This applies to local bus services in England. It does not apply in Scotland, Wales and Northern Ireland, where travel support is devolved.

[Find bus routes near you →](#)

Balancing work and caring commitments can sometimes lead to financial pressure and add to stress.

The Money section of the Hertfordshire SEND Local Offer website provides essential information and guidance to help navigate the financial aspects of caring for a child with SEND.

It's split out into 3 sections:

1. Funding you can apply for:

Discover various funding options including Disability Living Allowance (DLA), Personal Independence Payments (PIP), Carer's Allowance, Personal budgets plus more.



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2. **Advice and help with knowing what you're eligible for:**

Find services who can help to complete application forms, understand your eligibility for certain grants and funds and navigate difficult financial situations.

3. **Funding available to education providers:**

Learn about the funding that schools and early years settings can apply for.

Visit Money on the SEND local Offer website:

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/Money/Money.aspx>

NHS Healthy Start Payments

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. The amount of money you receive for Healthy Start payments has increased.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. The benefit will be added onto this card every 4 weeks.

You can use your card to buy plain cow's milk, fresh, frozen and tinned fruit and vegetables, pulses and infant formula milk.

You can also use your card to collect:

Healthy Start vitamins – these support you during pregnancy and breastfeeding vitamin drops for babies and young children – these are suitable from birth to 4 years old

[Find out if you qualify and register online.](#)

WaterSure Scheme

Families with children who have SEND may be able to get help with water bills through the **WaterSure scheme**. WaterSure caps your water bill if you use extra water because of medical or care needs.

To qualify you must:

- Be on certain benefits (check with your supplier which benefits they cover)
- Have a **water meter** (or be waiting for one to be installed)
- Have a high essential use of water (this means you have three or more children under 19 in full-time education, or a child with a medical condition or disability that requires your household to use a lot of water)



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Apply directly through your **water supplier**.

For more information, [visit the Contact website](#)

Information

Services for Young People Youth Councils

Services for Young People (SfYP) youth councils for young people with special educational needs and disabilities (SEND) are enabling young people to have their voices heard.

Supported by professionally qualified Youth Workers, the youth council members have been engaging in many consultations and co-productions. They have worked with commissioners, councillors, senior leaders and other professionals and organisations to give their feedback on a wide range of services and campaigns across education and healthcare.

[Read the latest update for full details of all 10 youth council's activities](#)

SEND Local Offer

A central hub for SEND services, support, events, things to do and guidance in Hertfordshire which can be filtered by location, date and age range: [SEND Local Offer | Hertfordshire County Council](#)

Help for Families

Across Hertfordshire, the Herts Council are working in partnership to support families. Through these partnerships and the services funded, every child has the opportunity to thrive in a safe and supportive environment and there is support for families most in need.

To find out what's available and how to access it, please click the following link:

<https://www.hertfordshire.gov.uk/.../help-for-families-in...>

EBSNA

Following the launch of the Emotionally Based School Non-Attendance (EBSNA) Framework for schools last June (2025), the attached poster has also been developed to provide advice, guidance and signposting for parents/carers whose children are struggling to attend school regularly.

The EBSNA Framework aims to provide professionals with a clear and accessible tool, that enables them to work more collaboratively with children, young people and their families. It uses a structured and transparent step-by-step approach to identifying the underlying issues that are preventing children and young people from attending; alongside practical guidance on the support and strategies needed for creating an action plan to help them return to school.



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[EBSNA Poster can be accessed here](#)